

Download Affirmation Daybook PDF by Cherrye S. Vasquez eBook or Kindle ePUB Online free

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Synopsis Books:

This Affirmation Daybook was designed as a tool to inspire affirmation and empowerment within children. Author Cherrye S. Vasquez maintains that affirmations and the use of self-fulfilling prophecy techniques can change the focus of what children do, what they want to do, or what they hope to do. It is Vasquez' intent that students will journal, and then voice and declare with great conviction their journey and status in life. By doing so, children will have heightened, unbreakable, self-esteem and self-confidence. Building a child's self-esteem and confidence is essential for maintaining deep inner strength and authority in their lives. Bullying is a pandemic in our nation's schools. It is important for students to express and affirm who they are through voice and action. By doing so, student confidence will build over time, and students will become less victimized by bullies. At least, bullies will grow weary of toying with a student who is armored with affirmation and power. Vasquez also believes that educators and parents can assist children with evolving and becoming whoever they want to become if they practice using affirmation and self-fulfilling prophecy techniques early and often in an effort to mold, and make children into beautiful and rewarding citizens of our society.

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